

# PREVENT HEART ATTACK

## KNOW YOUR RISK

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### HEART ATTACK RISK FACTORS:

- ☐ High blood pressure (>130/80)
- ☐ Smoking
- ☐ Diabetes
- ☐ Physical inactivity
- ☐ High cholesterol (>200)
- ☐ Being overweight
- ☐ Family history of heart disease

### REDUCE YOUR RISK BY:

- Manage your blood pressure
- Stop smoking
- Control your blood sugar
- Maintain a healthy weight
- Manage your cholesterol
- Eat a healthy diet
- Exercise



# HEART ATTACK IS A SILENT KILLER

## Know the **signs** of heart attack:

- Chest pain or discomfort
- Cold sweat, light headedness, nausea or vomiting
- Pain or discomfort in arms, back, neck or jaw
- Shortness of breath

## HEART ATTACK FACTS:

1. Heart disease is the number 1 killer in the U.S.
2. 200,000 heart disease deaths could be prevented each year.
3. 64% of women who die suddenly from heart disease with no previous symptoms.
4. 790,000 Americans have a heart attack each year.
5. Every 40 seconds, someone in the U.S. has a heart attack.

Remember: **Call 9-1-1 if you or someone you are with has symptoms of a heart attack**

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